



## Asian Health in Aotearoa in 2006 - 2007 trends since 2002-2003 | July 2010

This study by Assoc. Prof. Robert Scragg was commissioned by the northern dHB support agency on behalf of the Auckland regional settlement strategy Health steering group which represents Waitemata, Auckland and counties Manukau District Health Boards.

The completion of the 2006-07 New Zealand Health Survey has provided an opportunity to update the information on the health status of Asian people living in New Zealand, in comparison with the earlier 2002-03 New Zealand Health Survey (both funded by the Ministry of Health).

The report examines time trends in the health status of Asian participants in both surveys, and compares the health status of Asian people with other ethnic groups in the 2006-07 survey. The large number of Asian participants has allowed analyses of the health status of the main Asian communities – Chinese, South Asian and Other Asian.

The full report is available on the website of the Centre for Asian Health Research and Evaluation (CAHRE), School of Population Health, The University of Auckland:  
[www.fmhs.auckland.ac.nz/soph/centres/cahre](http://www.fmhs.auckland.ac.nz/soph/centres/cahre)

and on the Waitemata District Health Board Culturally and Linguistically Diverse (CALD) resources website:  
[www.caldresources.org.nz](http://www.caldresources.org.nz)



## TANI Events 2010

General Network Meeting  
**"Asian Health & Wellbeing Issues and Challenges"**

8th September, 3pm-5pm  
Fickling Centre  
546 Mt Albert Rd  
Auckland

General Network Meeting  
24th November, 3pm-5pm

## 2010 Local Elections

**Enrol or miss out**

*Are you enrolled to vote?*

**If** you have moved house in the last year, are new migrant and on P.R. visa, then please enrol and update your details to have your say in District Health Board elections and Local Council elections this year!

For more information please visit: [www.elctions.org.nz](http://www.elctions.org.nz) or call 0800 36 76 56



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# From The Desk of The Chairperson

*Kia orana!*

Warm Pacific greetings to all our readers and friends, and I trust this

newsletter finds you keeping healthy and warm...

I hope many of you have taken the opportunity to attend the interactive workshop organised by TANI regarding "Empowering new Immigrants for Successful Settlement and Integration" with esteemed guest, Professor Ka Tat Tsang on 12th August. I am sure much valuable cooperative learning and thinking emerged from that great forum and would like to thank our council member, John Wong, for liaising with Associate Professor Elsie Ho from Auckland University to bring us this fabulous event.

I would also like to acknowledge and thank one of our departing staff, Cleo Chen, for all the dedicated and

effective work she has performed for TANI as our Asian Public Health Promoter, and wish her all the very best in her future undertakings. We are very sorry to lose her due to the lack of funding, but would gladly encourage any of you who might have the capacity to recruit and add Cleo to your staff.

'Till next time, be gentle with each other and see you at one of our future events.

Tess Liew ☺  
Chairperson, TANI



4th International Asian Health & Wellbeing Conference



TANI Network Meeting - Asian Youth Health



Korean Youth Seminar



HPV Promotion

## Good News about Cervical Cancer Vaccination

It's not too late to take advantage of the FREE Cervical Cancer Vaccination (HPV vaccination) for young women born after or on the

1 January 1990. From 2011 only year 8 girls will be offered routine HPV vaccination at school, and any older girls will need to have the immunisation from their Family Doctors.

The safety of the vaccine has been extensively tested and proved. Good news from a recent study in the UK found that HPV vaccination could cover 73%-77% of cervical cancer cases in England.

Auckland's Asian population is growing. Therefore it is crucial that Asians understand this programme and can make informed choices.

For further information, please contact us on 09 6309991 or email [HPVquery@adhb.orgvt.nz](mailto:HPVquery@adhb.orgvt.nz) or visit [www.oneforthegirls.org.nz](http://www.oneforthegirls.org.nz)



## Life And Relationship Now So Much Better!

Harbour Health PHO's Asian Smokefree Communities (ASC) – a free, flexible, language specific and culturally appropriate service to support Asian people and their families to quit smoking and set up smokefree environments.



picture and story reproduced with the kind permission of May and Rod

Rod is a 54 year old NZ European, living with his Chinese wife, May.

In April 2007, May contacted ASC to get help for her husband Rod, to quit smoking. Rod had been unsuccessful with all his previous quit attempts so he wasn't confident in himself, but he did finally agree to be supported by ASC.

Rod started smoking at the age of 15 years, then went on to smoke 20 plus per day.

Rod was continually supported by the ASC Coordinator through his 4 relapses over a 3 year period. But Rod was determined to quit as he could see the benefits of not smoking and the positive impact it had on his life and relationship. His wife May is a very supportive and patient woman who never gave up on Rod. According to May, "We get on better and we are much happier".

With the continued support and help from the ASC Coordinator, Rod went on to be motivated to set a fifth quit date in October 2009 and today he is still smokefree.

Quitting smoking is a difficult and complicated journey. Our ASC service is here to help support you and your family make the positive move towards a smokefree future.

ASC is available to those who live in the Waitemata district only (North Shore, Rodney and Waitakere).

If you live in these areas and would like further information, please contact:

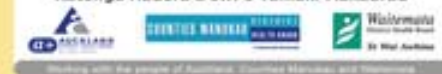
Zhoumo (Cantonese and Mandarin): 448 0475 or 027 357 1800, Christina (Korean): 448 0474 or 027 359 6880, Pratima (Hindi and Fijian Hindi): 448 0018 or 021 0260 4196, Theingi (Burmese): 448 0017 or 021 0260 4197



The fun team walking event

Auckland Regional Public Health Service

Rātonga Hauora & Iwi o Tamaki Makaurau



The 8 week fun, free, easy walking programme, FEETBEAT, starting on 13th September, is now open for registration to people of all ages and abilities.

FEETBEAT is an annual walking programme, first introduced by Auckland Regional Public Health Service (ARPHS) in 2004.

Any member of the public, can enter by putting together a team of 4 – 8. This team is entered by completing a registration form. Entry is free.

It is a fun programme to be part of as teams track the distance walked on a map of Auckland. Teams are encouraged to pick creative names, take a team photo and

write a story of their journey, or absolutely anything they wish to share with other fellow walking teams.

Prizes have been included to make this programme even more exciting!

### How to enter FEETBEAT:

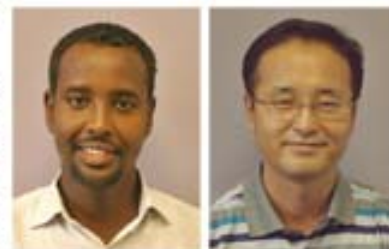
For online registrations, visit <http://www.arphs.govt.nz/feetbeat/feetbeat.asp> or contact Pritika Sharma on [pritikas@adhb.govt.nz](mailto:pritikas@adhb.govt.nz) or 09 623 4600 ext 27752 to request entry forms.

## WDHB Cultural Caseworker Project

Better access to child disability services for children from culturally and linguistically diverse (CALD) backgrounds is on the way at Waitemata DHB.

The funding, awarded by the Ministry of Health to support implementation of the Auckland Regional Settlement Strategy, has enabled the DHB to establish the Child Disability CALD Project. A key component of this project is two CALD cultural case workers: Im Soo Kim and Abdi Musse provide community and hospital-based cultural support services to children and families who use the DHB services. This might be helping parents understand the New Zealand Health system or helping them access services available to children. They also provide advice and support to other DHB Child Health Services staff.

The project is also looking at what Child Health Service information should be available in other languages and promoting the CALD training offered to DHB staff by Learning and Development and Asian Health Support Services. The project runs until June 2011.



Abdi Musse and Im Soo Kim



## Chinese Sport Forum



The ActivAsian team at Harbour Sport has recently partnered with ARPASS (Auckland Regional Physical Activity & Sport Strategy) to develop a Chinese Sport Forum. This project's main



focus is the Chinese community on the North Shore.

The aim of the forum is:

- To establish a two way dialogue between regional sports organisations (RSO) and the Chinese community in order to better engage Chinese people in sport
- Increase cultural understanding

• Provide an opportunity for the Chinese community to voice their concerns and needs regarding sports.

The desired outcome of the forum is to establish contacts and links between the RSO's and the Chinese community, and ultimately an increase in sporting opportunities and sports participation of the Chinese community. This will improve health and general wellbeing of the Chinese community and promote a better integration of the Chinese community into New Zealand.

**The Chinese Sport Forum will be held on Thursday 9th September 2010, 5:00pm - 8:00pm in Northcote**

**For more information, please contact Jenny Lim, Asian Community Sport Coordinator, ph 09 415 4654, email: [activasian@harboursport.co.nz](mailto:activasian@harboursport.co.nz)**

## Early Detection Saves Your Life!



**When** Mo-Ran Kim (54) learned of the BreastScreen Aotearoa programme two years ago, it was a discovery that helped save a life. The North Shore resident, who arrived in New Zealand from

Korea 17 years ago, saw an advertisement for BreastScreen Aotearoa in the Korean media.

After having a mammogram herself, she made sure her friends knew all about the service too.

"And one of the friends I introduced found she did have breast cancer - it was detected early and saved her life."

Through BreastScreen Aotearoa, the national breast screening programme, eligible women are entitled to a free mammogram (breast x-ray) every two years. Mammograms can show changes in the breast before anything can be seen or felt and early detection remains your best protection.

**For more information, call 0800 270 200 or talk to your GP or visit [www.nsu.govt.nz](http://www.nsu.govt.nz). Women who live in the Waitemata region can book through Asian Health Support Service (WDHB) by calling Stella (Korean) on 488 4663 or Dora (Chinese) on 486 8314.**

## Fancy a Cuppa?

*Prevent hot water burns this winter*

According to Safekids, almost six children a week are burned severely enough to be hospitalised due to contact with heat and hot liquids.

"Hot water burns like fire. Young children who are severely burned often require many operations and years of treatment," said Safekids New Zealand Director Ann Weaver.



## Hot Tips:

- Never hold a child and a hot drink at the same time, and keep it out of reach (near the middle of the table).
- 15 minutes after being made, a cuppa may still burn. Children's skin burns quicker and deeper, and at lower temperature.
- Run the cold water first when running a bath.
- A hot water cylinder should be at least 60°C to prevent Legionella bacteria growth, but water coming out of the tap should be no hotter than 55°C. If the water at the tap feels too hot, ask your local energy supplier or a licensed plumber for advice.
- **First Aid:** Cool the burn under cold running water for at least 20 minutes.



**For more information, visit [www.safekids.org.nz](http://www.safekids.org.nz)**

## 6% of Asian People Injured in the Last Quarter



*Did you know that 21,468 Asian people made injury claims to ACC in the last quarter?*

It is equivalent to 6% of total Asian population in NZ, or approximately 10 Asian people were injured in every hour that needed medical treatment. More than \$16 millions were spent for these claims.

The chart on the right shows the ACC new claims received in the last quarter. 42% of the claims occurred at home. Sports field was the second most "dangerous" place.

Although the road accidents were only 3% of the claims, they already cost \$1.9 millions to ACC. While the number of injuries from road crashes is less frequent, they are

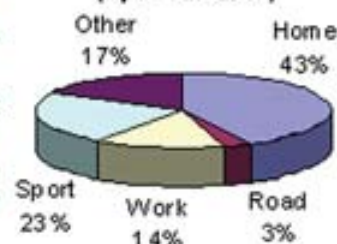
more likely to be serious, have high social costs and a significant impact on families and the wider community.

"Driving at the speed limit doesn't mean you're driving safely. In some conditions, the safest speed to travel at may be well below the signposted

speed. By slowing down in poor conditions, you'll have better control of your vehicle. You'll also have more time to react if something goes wrong," says Juliet Huang, Injury Prevention Consultant.

**Want to know more safety tips? Check out ACC website [www.acc.co.nz](http://www.acc.co.nz)**

**Asian New Claims (Apr - Jun 2010)**





## Arthritis New Zealand Needs Your Help

In 2010, over 530,000 New Zealanders will be living with arthritis. Over half of these are of the working age. There are nearly 20,000 Asian people living with arthritis in New Zealand. Arthritis. Could you handle it?

Arthritis New Zealand offers support to arthritis sufferers through:

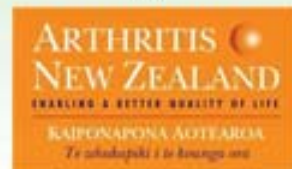
- Clinics and self-management courses
- Information and education
- Local awareness, fundraising, advocacy, lobbying and research.

It costs over \$5 million a year to provide the charity's essential services to arthritis sufferers – the government funds about 12%. The balance is met

through fundraising activities such as our national Annual Appeal week being held this from 21 – 28 September. By donating either your time or gift, you can help Arthritis New Zealand continue to offer support to the half a million New Zealanders.

**Arthritis New Zealand Annual Appeal : 21 – 28 September 2010**

You can call 0900 333 20 to donate or go online at [www.arthritis.org.nz](http://www.arthritis.org.nz) Or perhaps you would like to volunteer at Arthritis New Zealand or have a gerbera collection box at your work place? Phone 0800 663 463 for more information.



## Connecting With A Younger Generation



Many older people experience extreme loneliness because of changes to social networks that have occurred as they get older. They can also feel estranged from their own era and out of touch with a new generation.

Presbyterian Support Northern has developed a new way

to connect older people with a younger generation by pairing an older person from their positive ageing service, Enliven, with a caring student from St Kentigerns College.

For 95-year old Joan Sloman, who lives alone, long boring afternoons are now

a bit brighter. She's visited once a week by 16-year old Claudia Gibb who signed up to the project because it "sounded like a good thing to get involved in." She's now found that getting to know Joan has been a real inspiration.

She's finding her visits with Joan so enjoyable that she's told all her friends about it and they all want to come and visit Joan too. "Soon I'll have a house full of teenagers!" Joan laughs.



Joan Sloman (95) and Claudia Gibb (16)

## Understanding Epilepsy



kia titiro ki te tangata - see the person

What is epilepsy, causes of epilepsy, recognition of seizure types, first aid for seizures, seizure triggers,

recording seizures, principles of anti-epileptic medication, life style issues?

**Seminar Dates for 2010:**

Venue: Boardroom, Integrated Neurological Foundation  
2 Claude Brooke Dr., Tui Glen, Henderson

Date & Time: Wednesday 3 November '10, 10am-12pm

Venue: Disability Resource Centre  
14 Erson Ave., Royal Oak

Date & Time: Wednesday 22 September '10, 10am-12pm

Date & Time: Wednesday 24 November '10, 10am-12pm

**RSVP:** As numbers are limited please phone (09) 837 2530 (leave contact details) or email [joan.aki@epilepsy.org.nz](mailto:joan.aki@epilepsy.org.nz) at least one week before the seminar to confirm your attendance

Offsite education sessions are available by arrangement

## Stroke Awareness Week & The FAST Message

The Stroke Foundation is again preparing for **Stroke Awareness Week from 6 – 12 September 2010**. This year the theme will promote the FAST check. FAST stands for:

- Face weakness - Is one side of the face droopy?
- Arm weakness - Raise both arms – is one side weak, unable to be raised?
- Speech difficulties - Can they talk? Are words jumbled, slurred?
- Time to act fast! - Time lost may mean further damage to the brain

The sooner a stroke is recognized and treated the greater the chance of reducing damage to the brain.

Our message for the Week is: **LAND IN C**  
"If you think it's a stroke, act FAST - call 111 immediately!"

Stroke is the third largest killer in New Zealand. Every day about 17 New Zealanders have a stroke – that's over 6000 people a year!

If you would like to support this campaign or learn more about it, contact your regional Stroke Foundation Office or visit our website [www.stroke.org.nz](http://www.stroke.org.nz) or phone 0800 76 78 53.

## CAN-B Trust



**Chinese Action Network – Bridging Trust - A New Charitable Trust focusing on Social Services to Chinese with medical conditions**

**About CAN-B Trust**  
• Registered charitable trust  
- non-religious, non-profit, non-political organization  
• Provides culturally sensitive

and linguistically appropriate services to the Chinese Community in Auckland

- Services will be provided in English and Chinese

(Mandarin & Cantonese)

- To promote the social wellbeing of the Chinese community by offering free and affordable services to community members
- All staff have either NZ or overseas qualifications
- Volunteers will be trained by NZ qualified Social Workers
- Service standards will be in accordance with ANZASW Code of Ethics
- Working with the community
- Worked with Hospice Auckland on Chinese patients and families support group in 2009 and worked with Diabetes Auckland on a free workshop for Chinese patients in May 2010.



## Making a Difference to Children's Lives

**NZ-PHIL SCOT Charitable Trust** aims to relieve poverty and advance the education of disadvantaged Philippine and other Asian migrant children in New Zealand and Phillipine-based street children and orphans. With this vision, Trustees of SCOT (Pinoy Street Children & Orphans Charitable Trust) Nanette Carillo & Mike De Boer started planning to establish it in 2009. Mauro Oreta and Dr. Cecilia Aquino were added to the list of the Board of Trustees.

Some of their projects include Assist-A-Street Kid or ASK Programme, Concert for a Cause, December 2010 Philippine Outreach, Scholarship & Feeding Programme, and SCOT Learning Centre. They also have Canned Good Donation Campaign during the celebration of Phillipine Independence Day in NZ. This coming 29th July, Mike

and Nanette will also guest at the Settlement Support Group West Auckland to discuss Empowering West Auckland Children to Life Success.



SCOT would like to encourage everyone to support the children through sponsorship to carry out its objectives for 2010 & beyond.

For more information, visit [www.scot.org.nz](http://www.scot.org.nz) or e-mail [nanettecarillo@yahoo.com](mailto:nanettecarillo@yahoo.com)

## Free Career and Information Services



**Career Services** has free information, resources and support to help you make

career decisions that are right for you.

Our website [www.careers.govt.nz](http://www.careers.govt.nz) is a good place to start. It is full of information and self-help tools that will help you generate job ideas and learn more about the jobs you like.

If you feel more comfortable talking to someone, or you are working through the website and need some personal support you can ring **0800 222 733**. For more in-depth support, we will make an appointment for you to talk to one of our guidance staff.

Career Services' staff are committed to supporting the local community and helping people like you to set goals and assists you to make decisions that are right for you and to set you on the right track.



## Barnardos

**KidStart**  
Home-based  
Care & Learning

Want to become a  
KidStart Educator?

Have a fully fenced home?  
KidStart Educators provide  
Home-based Care and  
Learning

for up to 4 children from 0-5  
years old in their own home.  
We will support you to make  
an income in your own home,  
doing a job that you enjoy.  
Call us at Auckland Central  
KidStart 09 624 59 61

## World Community Mental Health Movement

*The Programme of Growth and Maturity*

**Are you inadequate or maladjusted?  
A problem to yourself or perhaps to others?  
GROW OFFERS YOU ITS REMEDY  
Truth, Character and Friendship  
Which is also its challenge to you:  
Are you capable of truth?  
Can you face life with character?  
Are you prepared to be a friend?**

Contact GROW at (09) 846 6869  
Address: 97 St Luke's Rd, Mt Albert, Auckland (Cnr St Luke's  
Rd/Kingsway Ave)  
Website: [www.grow.org.nz](http://www.grow.org.nz)  
Email: [auckland@grow.org.nz](mailto:auckland@grow.org.nz)



## Learning Journals or Life Books



Creating a history for your child - *Trish Roberts, teacher/kaiako, Hutt Valley*

A Life Book creates a "sense of identity and belonging" and gives opportunities for the child to explore their understanding of their unique history, family and Whakapapa.

It can be as simple as a small photo album, a collection of stories and photos about their interests, favourite toys, strengths, and dispositions, or it can be as elaborate and creative as you wish.

You can be creative about photos, art work, stories of adventures and holidays, new words, photos of family and whaanau, a family tree (Whakapapa), their first tooth, or the day they took their first steps.

Life books provide the child with a sense of identity, self-esteem, belonging, and the feeling that they are valued amongst the families that they live in everyday. It gives them a picture of their life so that they can look back on who they are, and where they come from.

Call now for more information about this home-based early childhood education service. 0800 footsteps (366 878) or [www.footsteps.co.nz](http://www.footsteps.co.nz)

## Parent Aid Central West Auckland Inc.

Parent Aid is a charitable organisation that provides free practical assistance to mothers with children under 5 years in the Central West area.

We have trained staff able to meet with various needs of distressed mothers/caregivers - post-natal depression, post-birth complications, childhood illness and injuries and other unexpected difficulties. We also provide support to help socially isolated families without extended family support, link into the wider community providing.

We visit your home and assist you with childcare, housework and anything that will help you through a difficult time. Complete confidentiality and privacy is maintained.

Contact 8150330 or 0276939341 9am-2pm

Monday to Friday or email

[parentaidcentralwest@gmail.com](mailto:parentaidcentralwest@gmail.com) to arrange our service.

## Parnell Community Centre



Parnell Trust creates and strengthens social links through shared cultural, recreational and educational activities.

We offer interesting programmes

and activities that help you discover your community and meet new people. We invite people from all over Auckland to take advantage of our range of community-focused services. The current programme of activities include

## Free Confidential Home-Based Support Service

Family Start Manukau offers a FREE confidential, home based support service, which can work with Asian families. Our programme is for mother's who are pregnant, and families with a new born or child under 12 months. Family Start promotes positive parent-child attachment, we support families to set and meet their goals and plans. We work at the pace of the family.

- We encourage immunisations, Well Child checks and dental registration.
- The programme includes the Ahuru Mowai/Born to Learn Early Childhood development programme.
- We help families' access existing services in the community.
- We work collaboratively with other services where we identify expertise that will add benefit to the family

For more details, visit our website:

[www.fsm.org.nz](http://www.fsm.org.nz).



## Free Men's Counseling & Support

Masada Learning & Recreation Centre

**INTEGRITY COUNSELLING**  
Finding it **HARD**  
to **SHARE** these  
**ISSUES?**  
**HELP** is at **HAND.**  
ALL SESSIONS ARE  
PRIVATE AND CONFIDENTIAL  
CALL US NOW FOR AN APPOINTMENT  
**09 576 5229**

**FREE MEN'S COUNSELLING & SUPPORT GROUP**

Male & Female Counsellors Available

- Depression
- Anxiety
- Wives
- Jealousy
- Sexual Abuse
- Menstruation
- Divorce
- Separation
- Domestic Violence
- Prostitution
- Grief
- Suicide
- Drug Addiction
- Relationship
- Family Counselling
- Female Counselling

*It often is understood the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around.*  
- Leo Buscaglia

creative art and design, culture and languages, healthy mind and body, technology, and a large range of leisure activities such as Mah Jong, Scrabble and Chess. Our weekly Farmers' Market sell weekly supplies of fresh local produce directly from the grower, meat, fish, speciality breads, and fresh flowers.

If you live, work, or visit the Newmarket area, we'd also like to hear about the activities or services you would like to see offered. A link to our Newmarket Survey, details on all the activities and the Parnell Farmer's Market are at [www.parnell.org.nz](http://www.parnell.org.nz)

## Website for Volunteers & Event Sectors

**VolunteerNet**  [www.volunteernet.org.nz](http://www.volunteernet.org.nz) is a new website that

has been developed by New Zealand Major Events, within the Ministry of Economic Development.

VolunteerNet connects volunteers with event-based volunteering opportunities. People can register as volunteers and search for event opportunities that match their skills and experience; and event organisers can register and search for volunteers who have the skills and experience they require. It makes it easier for people to get involved in volunteering, by being able to search for and sign up to opportunities online.

VolunteerNet will work alongside stakeholders across the voluntary sector to help promote volunteering in general throughout New Zealand.

Visit VolunteerNet - [www.volunteernet.org.nz](http://www.volunteernet.org.nz) today and register as a volunteer or as an organisation.

## Diwali Festival Of Lights In Auckland

The Diwali Festival of Lights gives Indian communities the opportunity to share this much-loved cultural tradition with other New Zealanders and their families. This event celebrates not only the traditions of Diwali, but Indian culture as a whole.

The 2010 Diwali Festival of Lights will be held in Auckland on October 30-31.

Fill out the application forms on the Asia:NZ website ([www.asianz.org.nz](http://www.asianz.org.nz)) if you would like to contribute to one of these

popular and thrilling festivals either as a stallholder or performer to help bring the sights, sounds and spicy tastes of India to the Auckland public.



## LUPUS SEMINAR 2010

When: Saturday 9th October 2010, 10.00 – 3.00 pm

Where: Western Springs Garden Hall  
956 Great North Road, Western Springs, Auckland

1st Speaker: Dr Fiona McQueen - Rheumatologist and Associate Professor Rheumatology, Dept of Molecular Medicine and Pathology, University of Auckland  
Presenting: "Lupus and young adults"

2nd Speaker: Pauline Sinel - Lupus Patient  
Presenting: "My experience of the Patient Programme at the 9th International Congress on Systemic Lupus Erythematosus in Vancouver, British Columbia, Canada, June 24 - 27, 2010"

Registration: \$20 includes lunch and refreshments / \$30 couples

Phone Linda 09 473 8778

Parking: Free - in car park beside the restaurant

Lunch and refreshments provided

## Mark This Date In Your Calendar! Friday 8th October 2010



Age Concern Counties Manukau Inc. proudly presents

International Day of the Older Person 2010 at the Auckland Botanic Gardens, Hill Road, Manurewa.

Join us for a free day of entertainment, demonstrations and information sharing. Lunch will be provided to seniors (over 65s) or you may choose to bring your own picnic.

The theme is intergenerational so bring the children and grandchildren along for a fun filled day. Bus transport will be available from suburbs throughout Counties Manukau to the venue.

We sincerely thank our sponsors Manukau City Council, Counties Manukau District Health Board and Auckland Botanic Gardens for the funding and venue without which the event wouldn't be possible.

For more information or to register your interest in transport services please call us on 279-4331 ext 800 or email [kellyw@accm.org.nz](mailto:kellyw@accm.org.nz)



## Chinese Lifeline

中文生命線

Free Telephone Counseling Service for Chinese

Chinese Lifeline

As part of the service provided by Auckland Lifeline, Chinese Lifeline was established on 1st March 1993 to provide national, professional and confidential telephone counseling for illnesses, employment problems, family or spousal issues, anxiety, depression, addiction, loss and grief, suicide and self-harm.

Call 5222088 or 0800888880  
10am - 2pm Monday to Sunday,  
7pm - 10pm Monday to Friday



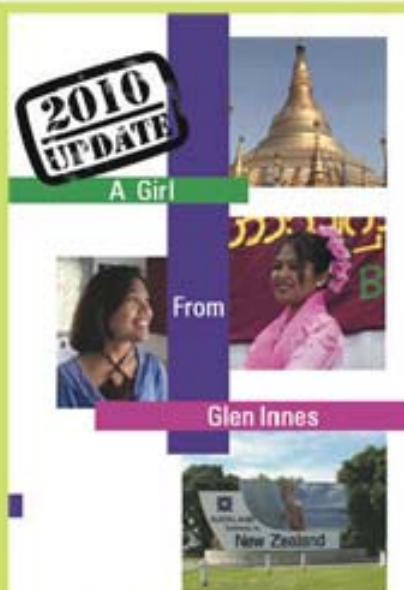
Fundraising Chinese Opera (□曲): Bei Hua Chinese Opera Academic of New Zealand

Date & Time: Saturday 16th October 2010, 6:30 pm

Venue: SKYCITY Theatre, Corner of Wellesley St. and Hobson St., Auckland City

Ticket: \$20 each. All money raised will directly benefit Chinese Lifeline.

Enquiry & Booking at [cladmin@lifeline.org.nz](mailto:cladmin@lifeline.org.nz) or call Danli Wang at 8282598 or 021372208, Dora at 02711638, Yvonne at 5221288 or 0212095527, Jenny at 2730188, Joanna at 4169633 or visit [www.chineselifeline.org.nz](http://www.chineselifeline.org.nz)



This is the story of Burmese teenager Tinmama Oo and her journey from refugee to New Zealand citizen.

Catch up with Tinmama as she talks about her life, what graduation means to her, her Kiwi identity, and the ongoing fight for democracy in Burma.

What teachers say about "A Girl from Glen Innes": "Invaluable coverage" "Perfect for the study of refugees and study of development of NZ

identity." "A terrific resource... presented from a teenager's perspective!"

The 2010 DVD includes the original 2004 video (28 mins) and the bonus 2010 update (10 mins).

For more information or to order [judesmi@gmail.com](mailto:judesmi@gmail.com) or visit [www.southernmoon.weebly.com](http://www.southernmoon.weebly.com)